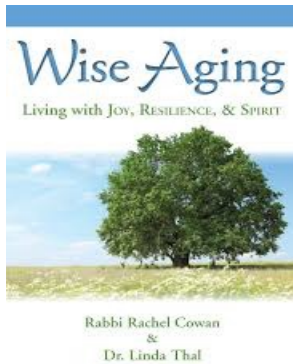


INVITATION TO PREVIEW 'WISE AGING'
An innovative program for Jewish adults age 55+

With increased longevity, those of us in our 'third chapter' of life have the opportunity to break new ground in purposeful, vibrant aging. How can we approach the years ahead as a time of growth and meaning, meeting changes with resilience?



WISE AGING is an experiential, peer-group-based program for Jewish adults, age 55+. In a series of facilitated group sessions we will:

- Explore issues of aging through a Jewish lens.
- Experience a variety of practices that foster growth & resilience throughout life.
- Create a supportive, confidential environment for reflection.

Among the topics addressed are: Appreciating our aging bodies; Cultivating nourishing relationships; Forgiveness and reconciliation; Living with loss; Independence and interdependence; Stewardship and legacy.

Curriculum: The curriculum was developed for the Institute for Jewish Spirituality (IJS), and has been running for several years in larger Jewish cities. Jewish Family and Child Service is introducing **Wise Aging** in Portland.

Preview Series this Fall: To enable several congregations to preview the program at once, an introductory series of four sessions will be offered this Oct-Nov, 2018, facilitated by Cantor Barbara Slader and David Molko, LCSW.

When & Where: The preview series will meet Sunday afternoons (1:00 – 3:00 p.m.), Oct. 7, Oct. 21, Nov. 4 and Nov. 18, at Havurah Shalom.

Group size: Limited to 12 participants from a mix of congregations.

Fee: \$77.00 per person for four sessions including the resource book, Wise Aging: Living With Joy, Resilience and Spirit, by Rabbi Rachel Cowan & Dr. Linda Thal.

Interest/Questions: Contact Barbara Slader, bslader@Q.com, 503-358-1629